

The "Old Fashioned Girl's" Triumph

"Bobbed Hair Passe,"

Says Fashion, and the Long-Haired Lass Laughs, but an Eminent Doctor Tells How Scientifically to Regrow Locks That Have Been Clipped.

The "Crowning Glory" of the Country's Most Athletic Woman, Ida Schnall, Is Gold-Tinted Hair Which She Did NOT Bob.

FASHION at last has decreed bobbed hair a thing passe. So, pouting as she contemplates ruefully the sheared tresses that curl in a secret corner of her dressing-table, Miss America sighs for a fairy wand. If she could only find that wonderful leaf she read about in Grimm's fairy tales so many years ago—or was it but yesterday?—which joined the severed worm by mere application, she would place it on the severed ends of those tresses that once made her morning deshabille so glorious. Thus the "Old Fashioned Girl" has become triumphant. Curls once more will fall from under concealing turbans.

But, notwithstanding the edict of the dictators of fashion, indications are that to many women bobbed hair has come to stay. For the fad of shearing one's locks eliminated the accusation of frakiness. One can still wear the hair short for reasons of coiffure and, strangely enough, only have to bear the insinuation of being a bit "old fashioned." For bobbed hair long has ceased to be inseparable from Greenwich Village and a long-haired male companion.

Irene Castle made bobbed hair popular after the sight of amputated tresses had become familiar among maids of the Village and working girls who emulated the example set by Alma Webster Powell, who, some eight years ago, cut off her hair in order to inspire what she believed was a sensible, comfortable and sanitary coiffure. Mrs. Powell was a New York clubwoman interested in bettering the conditions among the employed sisterhood.

Of course, Irene Castle's bobbed appearance on the stage, really occasioned because sickness deprived her of her hair, was seized upon by the flappers and the debutantes as a thing to be copied because debbies and flappers are copyists at best. But it was spread among all the working classes and society women because of the war. The former found it most convenient in saving time in the morning and in the office "priming room." The latter discovered that it looked well with martial attire while doing service for the Motor Corps or some similar patriotic organization.

And with those whose problems of coiffure and health it has determined the bob will remain. It will continue to be seen in public and will occasion no more comment than the delicate use of cosmetics. That it will be permanent is seen in the statements of the leading fashion arbiters that "the bobbed hair is kept in mind when the latest gowns are being designed."

One of the best known writers of fiction and special articles in the United States, who recently bobbed her rich, black hair, had this to say about it:

"Bobbed hair for some of us has come to stay forever. As a fad it is passe. I admit this. But as a thing of practicability it is still here. Take my own as a case in point. My hair was so heavy that if I arranged it on top of my head it made my head ache. If I let it down it dragged. If I put it up at the back of my head it brought about the problem of getting a hat large enough to fit over it. The shears settled all these vexing problems.

"The tall girl should not affect it. It makes her appear too gawky. It can be skilfully arranged so as to conceal its real nature. I predict that the permanent bobbed hair will be worn short at the sides, drawn back from the front and from eight to ten inches in the back."

How to Make Short Hair Long

By Edwin F. Bowers, M. D.

Author of "Teeth and Health," Etc.

A WOMAN'S HAIR grows normally at the rate of about a half an inch a month. So in a year a growth of six inches might be expected. This rate of growth may be stimulated, however, by a variety of means. Chief among these is to keep the general health at the highest possible point. For hair health depends largely upon general health.

But to expedite the natural growth it is absolutely necessary to see to it that the scalp and hair receive careful attention. If the hair follicles are clogged by dust or dirt, or by the accumulation of sebaceous matter thrown out by the glands of the skin, the normal processes of hair nutrition cannot be carried out.

However, to maintain the scalp in the best

condition of cleanliness, it isn't necessary to wash or shampoo the hair with too great a degree of frequency. A semi-weekly washing might deprive the scalp of its normal amount of oil, which would cause dry, brittle hair, without lustre, elasticity or beauty. Unless there is some special reason, such as eczema or some scalp disease, which might require the frequent use of water and antiseptic solution, twice a month should be often enough to wash the hair.

Pure castile is one of the best of all bases for a shampoo, but an egg added to a jelly made by boiling the shavings of castile soap in water, also is splendid. The shampoo should be rubbed thoroughly into the scalp, adding very little water from time to time, until the desired quantity of

lather is obtained. The hair should be parted so that the scalp is thoroughly exposed. After the scalp has been gone over in this way, it should be rinsed several times—or until every particle of soap is removed.

Both the washing water and the rinse water should be warm, with a cold dash at the finish to close the pores. When drying the hair particular care should be taken to get out every particle of moisture.

Curlly hair should never be brushed immediately after shampooing, as it might make it straight and stringy. However, brushing after the hair is thoroughly dry, and a night and morning brushing every day thereafter until the next shampoo day, is of wonderful tonic value to the scalp, and splendid for increasing the lustre of the hair.

Special care in brushing should be used at first, especially if the scalp is tender, as it may be inclined to produce irritation. A fairly stiff brush should be used to effect the removal of dandruff, after which a soft one may be employed for polishing and arranging.

Direct exposure to the rays of the sun is one of the best hair tonics known to science. Sun baths, taken regularly, impart a lustre and richness of color that can be secured in no other way. Always try a sun bath after washing the scalp and get the full rays of the sun.

Dry hair is another problem of the American girl. It is almost always slow-growing. To stimulate hair growth it is most necessary to overcome the scaly condition of the scalp, which is caused, to a large extent, by errors in diet, predisposing to an acid condition of the system. Among the most common of these are the use of demineralized foods, such as white bread and white crackers, "pearled" barley, uncoated rice and scoured oatmeal; over-indulgence in meat, coffee, sugar, candy, pickles and condiments.

Many skin specialists claim that the dandruff or "scurf," which is cast off in large flakes in excessively dry conditions of the scalp, is due to nothing more or less than the excess acid of the system mixing with the oily secretion of the hair follicle.

To overcome the acid condition in the shortest possible time, it might be well to go on a fruit and milk diet for a while. Milk is one of the richest of all foods in lime salts, and, carried into the blood, restores the deficient mineral salts found in all over-acid conditions. Care should be observed, however, to insure that the milk

ing better elimination, so as to rid the system of the toxins that accumulate and depress the general state of the health.

Proper massage is one of the best of all aids in stimulating the growth of the hair. It brings new supplies of blood to the roots and furnishes more nutrition for the hair-bulb, causing the hair shaft to shoot up faster. It is sometimes well, also, to pull the hair gently, lifting the scalp from the table of the skull. This helps the circulation. The elements needed to feed the hair are taken up in larger quantities. Hardly anything gives the scalp the feeling of being so thoroughly awakened as does this little "stunt."

Many girls have difficulty in developing any length to their hair because of the tendency of the ends to split. One of the surest ways of overcoming this condition is twice a week to soak the ends or tips of the hair in a shallow bath of olive oil before retiring. Then carefully dry with a warm towel. If sufficiently long, the hair can then be braided loosely or else confined with a ribbon, to prevent tangling.

If this treatment is regularly persisted in for six months it is almost a certainty that the tendency of the hair to split will be gone. At least, the treatment has "worked" in hundreds of cases, many of which have resisted practically every other form of treatment.

So there isn't any one great secret connected with progressing from the bobbed hair to the long-haired class. Health, cleanliness and a high degree of general and local nutrition should be maintained. Then the girl of 1923 should have her head of hair very beautiful once more.

And, let us hope, she'd have the very good sense to keep it, this time.

For, after all, isn't hair woman's "crowning glory"? And, while the short hair style really does make certain types more attractive, does the improvement of the personal appearance of the few justify the sacrifice of the many? I do not think so. I hail, with delight, the return of long hair.

Origin of Pawnbroker's Sign

DURING the middle ages the Lombards made a practice of lending money at interest. The Medici family was the first to turn the practice into a profession.

Many years before Averardo de Medici, a commander who served with distinction under Charlemagne the Great, killed the giant Magello, whose club had three iron balls attached to it in order that it might be a more effective weapon. For this reason the family of the Medici adopted the three balls, gilded, as the heraldic device on their coat-of-arms, and the appearance of this insignia soon came to be recognized as a symbol for money lending.



Bobbed Hair Received a Knockout at the Crosby High School, Waterbury, Ct., When Principal M. C. Donovan Offered Prizes for Curls.



How Mrs. Abraham Poole, Former Mercedes de Acosta, Sister of Mrs. Philip Lydig, Had Her Hair Swirled Back to Reveal Classic Contour of Head.



The Object Above the Seated Girl's Head Is Not the Framework of a Drum-Major's Shako, but the Latest Hair-Waving Machine at Work on a Bobbed Coiffure.

taken consists of whole milk, containing the natural butter fats, to supply the vitamins so badly needed by the system. Filled milk—milk from which the butter fat has been removed, and which, instead, has been reinforced with coconut oil, or some cheap substitute for butter fat, is likely to develop certain disorders. It is bad for the health, and by that same token, equally bad for the hair.

Dry, scaly scalps respond remarkably well to this regulation of the diet, especially if reinforced with a daily application of olive oil, rubbed briskly and effectively into the scalp with the fingertips. It may here be observed that oily hair is most generally associated with auto-intoxication from absorption of toxic matter from the bowels.

To help overcome this condition, careful and regular attention must be directed toward secur-

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